

# The InterAct

July/August 2006

## 2006 Conference a Huge Success!

**By Melissa Beard, Conference Committee Chair**

The 2006 Conference, "Today's Women, Today's Leaders" was a huge success! Most attendees left with new leadership skills and a renewed sense of purpose. Thank you all who helped and attended the conference. New ideas to make the 2008 conference even better are already percolating, such as, getting more sponsorship involvement and day care services for attendees' children.

Not to be outdone, our silent auction was also a huge success. Because of the great donations and all the bidders, the Columbia Basin

College Resource Center received \$2,900! The donation will help pay for child care costs of students attending the college. Peggy Buchmiller, Associate Dean and Director of the CBCRC, was in attendance and was overwhelmed by the generosity of the donors and attendees.

Thank you to the conference committee members: Darla Bauknecht (EWU), Sue Brown (GA), Janice Flaherty (ATG), Joanne Graley (WSGC), Julia Lynden (DIS), Diana McCutcheon (OAH), Connie Riker (DOP), Patricia Thronson (DIS), and Jean Vanni (ECY). Their leadership and dedication made the difference!

## Farewell from the Editor



**By Lonnie Peterson, Former ICSEW Communications Chair, and InterAct Article**

As my term as ICSEW Communications Committee Chair and editor of the InterAct newsletter comes to a close, I can't help but look back over the last several years and reflect on the great strides state employed women have made in Washington State. Many of those strides have been captured in the InterAct to be kept as a record for future generations of state employees.

After taking over the newsletter in April 2003, I made a conscious decision to remove recipes, poems, and other "filler" from the InterAct. I felt that they were stereotypical articles that would be included in a women's newsletter. Not to mention that the InterAct is a newsletter for all state employees and needed to be moved more in that direction. I felt like I would be doing a disservice by including information that wasn't relevant to the day-to-day issues we all faced.

After making that decision, the qual-

ity of articles I received increased. I began publishing more articles on pay equity, networking, personnel service reform, leadership, and health and wellness; just to name a few.

Publishing the InterAct has been such a fulfilling job and I definitely didn't go it alone. With the help of my committee members over the last three years, we have published more original articles written by ICSEW members than ever before. We have also updated and upgraded the ICSEW Web site so it is a functional and appealing site to visit.

I want to thank all my past and present committee members for always delivering when it counted and for always helping me publish a quality newsletter. You have done a great service to Washington State employees.

I also want to welcome Kelly Stowe (Department of Transportation) as the new ICSEW Communications Committee Chair and editor of the InterAct newsletter. Kelly comes with a lot of communications experience and will do a great job of continuing this legacy of publishing quality information for all state employees.

**By Dianna Gifford, ICSEW Chair**



The ICSEW 2006 Conference was a big hit! One participant went so far as to say, "This is the best conference I have ever been to. It has everything a state employed women needs". Thanks again to the conference committee for doing such a great job. Thank you to all the volunteers that helped behind the scenes to make the conference run so smoothly. Thank you to all the great speakers and trainers. And thank you most of all to you who participated in the well done training and enjoyed the conference. A conference wouldn't be a conference without you.

The board held a special facilitated meeting on May 7, 2006 to generate a more current mission statement. Thank you to Julia Lynden for doing such a great job facilitating that meeting. Our new mission is "To identify and advocate for issues faced by state employed women."

This is an exciting time of the year for ICSEW. It's a time of transitioning between old and new members. This is why we call our July membership

meeting the "Transition Meeting". This is a time we say good-bye to about 25% of our members rotating out of ICSEW, but not good-bye to the heartfelt relationships we've established. It's a time to say hello to new members coming into ICSEW with their exciting new fresh ideas and energy.

Agency directors are invited to attend the morning portion of our Transition Meeting from 9:00 am to 1:00 pm, July 11, 2006. At this meeting new members and agency directors hear about the purpose of the ICSEW, recent accomplishments, expectation of members, network with members, and begin work on developing our business plan for the upcoming business year.

Since ICSEW only meets six times a year it's difficult for new members to speedily get comfortable in their new role as a member. It is the role of every member to actively participate on at least one sub committee. We will be rolling out a new mentorship program in September to help make that transition quicker and easier.

## ICSEW Event Information

**July 11, 2006 - ICSEW Transition Meeting**

**July 20, 2006 - "How to Do Your Job Well AND Manage Life's Challenges"** by Ms. Sandra Smith. Training class held at the Lacey Fire Hall--Station 34 in Lacey, WA.

**July 25, 2006 - "How to Cultivate and Maintain a Positive Attitude"** by Ms. Kathy Bote. Training class held at the Labor & Industries building in Tumwater, WA.

Class information and online registration can be found by going to:  
<http://icsew.wa.gov/calendar/default.htm>



**ICSEW**

INTERAGENCY COMMITTEE OF  
STATE EMPLOYED WOMEN  
"To identify and advocate for issues faced by state employed women"

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**Take Our Daughters and Sons to  
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The InterAct

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# Women's Health & Wellness Day!

## By: Julie Sullivan & Connie Nabors, Health and Wellness Committee

The second annual Washington State Women's Health and Wellness Day, "Small Step to Optimum Health-It's Your Choice," held on May 9, 2006 at the Three Rivers Convention Center in Kennewick Washington, was a tremendous success. The Washington State Interagency Committee of State Employed Women, the Health Care Authority, the Department of Health, the Department of Labor and Industries, and the Department of Social and Health Services joined together to celebrate and encourage women to take responsibility for their own health through greater knowledge and understanding. It appeared that 90% of the 350+ people attending the conference also attended the health fair, although only 131 people responded to our survey at the end of the conference.

The state event was coordinated around the National Women's Health Week. It was supported by the proclamation Governor Christine Gregoire signed on April 18, 2006, declaring May 9 as Women's Health Day, and May 14- 20, 2006 as Women's Health Week in Washington State. In her

proclamation, Governor Gregoire said, "I urge all women to recognize the importance of living healthier lives, not just for one day or one week, but all year long."

The event included both a vendor's health fair and morning wellness activities. On May 9th the health and wellness committee sponsored an early morning yoga class and May 10th they hosted a river walk at Wye Park. Vendors provided an incredible array of information on issues important to women: hypnotherapy, chiropractic, reflexology, fitness, domestic violence, yoga, physical therapy, essential oils, holistic health, cancer prevention, oral hygiene, and retirement information to list a few. Health care providers were also present to conduct vision, blood pressure, bone density blood glucose and spinal screenings.

This second annual Washington State Women's Health Day event was a great success largely due to the efforts of state health care agencies and other public and private organizations partnering to raise the awareness of key women's health issues. The event acknowledged and informed participants that:

\*Women from all cultures and at every stage of life have unique health needs that require sensitivity on the part of professionals;

\*Promoting awareness of women's health issues depends on partnerships in social, health, and other services; and

\*Women can and should be encouraged to promote health and prevent disease and illness by taking simple steps to improve their own physical, mental, social, and spiritual health

## ICSEW Members Volunteer to Make a Difference to the Combined Fund Drive!

## By: Cindy Craig, Department of Personnel

How many of you are able to describe to a colleague what it means to make a difference? If you don't know, you can always ask a CFD volunteer. Many of the CFD's amazing campaign leaders, coordinators and other volunteers are outstanding women who also represent their agencies on behalf of the ICSEW. Their heart of service is evident as they engage employees and cultivate awareness for an even better workplace!

Many of our volunteers truly go above and beyond to connect with employees through creative and energetic ways to strengthen the community around them. Due to their tireless work, the Combined Fund Drive has become one of the most successful workplace giving programs in the nation. In 2005, Washington public employees pledged more than \$5.64 million to over 2,000 charities!

The Combined Fund Drive acknowledges and appreciates the

generosity of the donors. We also recognize the tremendous outreach and educational efforts made by CFD volunteers every year. Their involvement has made the CFD the success it is today. On behalf of all the charities in our campaign, we encourage you to support your agency management and volunteers by attending special onsite and community events. As our campaign quickly approaches please join the Combined Fund Drive in saying "Thank You!" to these amazing volunteers who bring state employees and charities together to make a world of difference.

### A little background on the CFD...

\*The CFD Serves as an effective and efficient way to disburse those funds to more than 1,900 non-profit organizations that badly need them.

\*Offers the choice of giving to a personal favorite charity, if desired.

\*Takes pride in having raised more than \$72 million in donations during its 20 annual drives.



A Six Flags® Theme Park

Want to have some family fun and help support the CFD? Enjoy a day of fun in the sun. Coupons are here!

Your local CFD coordinator can provide you with a coupon good for a \$7 per person discount.

For more information on the CFD, go to: <http://www.cfd.wa.gov/>



## Women Leaders in State Government: Mary Jean Ryan, Chair of the Washington State Board of Education

**By: Sarah Jane Bland, ICSEW Conference Committee Chair & Web Developer**

Leadership and confidence are qualities so many of us possess internally, yet not as many let them shine and develop them to further our careers and make a difference. Mary Jean Ryan has done this and then some. She is a graduate of the Seattle Chamber/United Way Leadership Tomorrow Program, she holds a B.A. from Georgetown University, and an M.P.A. from the University of Southern California. She has, without a doubt, prepared herself for the career she leads. She has held key positions in many areas of government, including national, state, and local levels.

Mary Jean Ryan is by far an accomplished leader. Her most recent adventure began when she was appointed in January 2006 by Governor Christine O. Gregoire to the newly reconstituted Washington State Board of Education (SBE).

At the April 2006 meeting of the SBE the Board unanimously voted to

elect her as the Chair. On top of this position, or should I say in her daily life, Mary Jean wears many other hats. Her title is Director of the City of Seattle's Office of Policy and Management. Just before this she was Seattle's Economic Development Director. At the national level, from 1986-1992, Mary Jean was the Associate Deputy Administrator for Economic Development for the U.S. Small Business Administration under President Bill Clinton.

To top it off, Mary Jean is also a mother of a teenager and an accomplished athlete who has been inducted into the Georgetown University Athletic Hall of Fame.

She cares about and believes deeply in education and workforce development. She has been recognized as an industry leader in economic development and has helped to further the dreams of many woman and minority business owners throughout the United States, especially in Seattle.

Now she has turned her sights toward the Washington State

Education System. The SBE is a unique board, with appointed and elected members. After observing her conducting a SBE meeting recently, I would say she seems to naturally facilitate and give direction to board actions and meetings.

Because of her very busy schedule, and mine as well, we were only able to discuss briefly a few important subjects, one of which was discrimination and unequal treatment of women in the workforce.

Unfortunately, discrimination against women in the workforce has been a problem and still exists in some forms throughout, but as Mary Jean pointed out in the late 1970's and early 1980's, when she went to college on a volleyball scholarship, the 1972 amendments to Title IX prohibiting discrimination in education based on sex had just been adopted. Things like substandard practice facilities, fewer scholarships, and a lack of travel funding to compete were common. She felt she was fortunate to see some of these changes implemented and saw dramatic improvements for women athletes in the years to come.

When asked about what other women leaders inspired her along the way, she cited Governor Christine O. Gregoire as someone of whom she is a big fan. But, Mary Jean also expressed that there were men who have influenced her career as well like former Seattle Mayor Norm Rice, and Erskine Bowles, former Chief of Staff in the

Clinton Administration.

I personally have been inspired by Mary Jean Ryan in her range of positions and leadership roles throughout government. The areas of workforce development, economic development, and education all go hand-in-hand and are things that I have an interest in myself. I see her as someone that I can look to as an example and receive motivation to develop my own leadership skills. As a staff member of the SBE I also feel fortunate to have such a strong, committed, and inspiring leader as the Chair of the State Board of Education.

ICSEW would like to thank Mary Jean Ryan for agreeing to be the subject of this article.

*Editors Note: Do you have a great idea for an article about a great leader in your agency? Please send your articles to Kelly Stowe at [stowek@wsdot.wa.gov](mailto:stowek@wsdot.wa.gov) or at MS: 47395.*

## 2006 TODSTWD Statewide Event Fun for Kids and Parents Alike

**By: Kelly Stowe, ICSEW Communication Chair**

May 18, 2006 was the day when hundreds of kids embarked upon the Capitol Grounds to take part in the Take Our Daughters and Sons To Work Day (TODSTWD) festivities.

Children assembled in the Capitol Rotunda where they were given passports that were stamped throughout the Legislative Building.

Supreme Court Justice Bobbie Bridges spoke to the children and took the time to sign autographs and talk individually to the kids.

Music was provided throughout the day and featured Miss Teen Washington, Brooklynne Adams.

Misty Krug, TODSTWD Committee Chair along with the other TODSTWD Committee members, did an excellent job of planning the

event and making sure everything went off without a hitch.

Many agencies took the liberty of planning events for children of employees during or after the events over at the Capitol to help show kids what a day at the office is like for Mom or Dad.

WSDOT gave out tattoos and treated the kids to a visit from the Incident Response (IR) Trucks. Children climbed in the drivers seat and turned on the lights and sirens, climbed in the back to see all of the cool equipment used to clear accidents and help drivers. The kids heard stories from the IRT drivers about the great work they do clearing the highways in record time after accidents and helping drivers who need help fixing a flat tire or who have run out of gas.

## What would you like to see in the InterAct?

**By: Kelly Stowe, ICSEW Communication Chair**

As the new Chair for the Communications Committee and editor for the *InterAct*, I'd like to know what you would like to see in *your* newsletter. This is *your* forum and it should reflect the information that you want and need. I'm open to any and all suggestions on how to make the *InterAct* a can't miss publication.

Please send your suggestions to MS: 47395 or at [stowek@wsdot.wa.gov](mailto:stowek@wsdot.wa.gov).



**Houston Stowe stands in front of a WSDOT Incident Response (IR) Truck at DOT Headquarters. WSDOT kids were treated to a tour of the IR Trucks that are used to help stranded drivers, and clear accidents on state roads.**



## Immunization Update: New Vaccines and New School Entry Requirements

By Nicole Pender, Washington  
State Department of Health

Have you had the chickenpox? If you're over 20 years old, there's a good chance you have. It's one of the most common childhood illnesses, and it spreads easily from person to person. Chickenpox is often thought of as just an itchy rash, but it can be very painful, even fatal. Now, most children avoid the illness thanks to a vaccine that is very effective.

While the vaccine works well, you have to get it to be protected. Washington has one of the nation's lowest rates of kids who get the chickenpox vaccine. That should change soon thanks to new requirements for some school age kids and young children in childcare.

Starting July 1, kids entering kindergarten and sixth grade must get the chickenpox vaccine or prove they've had the illness. Children from 19 months to kindergarten-age who attend licensed childcare or preschool must also be vaccinated. The chickenpox vaccine has been available in Washington for 10 years, yet many children still haven't been immunized.

Chickenpox is usually mild, but it can be serious. Teens and adults are 10 to 20 times more likely than children to get skin infections, brain swelling, and pneumonia from chickenpox. Immunizing young children against the disease helps protect them as they grow up. Teens and adults who haven't had chickenpox should also be immunized. Anyone over age 13 will need two doses of the vaccine to be completely protected.

It's a good idea to set up an appointment with your child's regular health care provider early to make sure your child has all the required immunizations for school or childcare. Health care providers who use Washington's CHILD Profile Immunization Registry can track each patient's immunizations and history of chickenpox disease. Providers can print the necessary school and childcare forms directly from the registry - parents should request this at least a month ahead of time.

Even if your child isn't in one of

the age groups affected by the new requirement, it's a good idea to make sure kids age one year or older are vaccinated anyway. The chickenpox vaccine will help protect their health, and it will be required for all kids attending kindergarten through sixth grade by 2012.

New vaccines for adolescents and adults

In July, two new important vaccines will be available through Washington's Universal Vaccine Program for children under age 19. These vaccines are also recommended for some adults. One of the vaccines, known as Tdap, protects against pertussis (whooping cough), tetanus, and diphtheria. Young children receive vaccines to prevent these diseases, but protection only lasts 5-10 years. Pertussis isn't usually life-threatening for teens and adults, but they can spread it to babies who are not protected. The Tdap vaccine is the first to protect teens and adults against pertussis and may help prevent the spread of this disease to babies.

The second vaccine protects against four kinds of meningococcal disease. This is a rare disease caused by bacteria that can be severe in adolescents. It's especially important for college freshmen who'll be living in dorms and people with weak immune systems to get immunized. There is currently a shortage of meningococcal vaccine. It will only be available to people at increased risk of getting the disease. The Department of Health Web site ([www.doh.wa.gov/cfh/immunize/adolescent.htm](http://www.doh.wa.gov/cfh/immunize/adolescent.htm)) can help you learn if your teen needs these immunizations.

Parents are urged to use their child's regular health care provider for immunizations. For help finding an immunization clinic for their child, parents can call their local health department or the Family Health Hotline ([www.withinreachwa.org](http://www.withinreachwa.org)) at 1-800-322-2588.

More information on child and adolescent immunizations is available on the Washington State Department of Health Immunization Program CHILD Profile Web site ([www.doh.wa.gov/cfh/immunize](http://www.doh.wa.gov/cfh/immunize)).

## Protect Yourself from Credit Card Theft

By: Kelly Stowe, ICSEW  
Communication Chair

I was busily getting everything set up for the Washington State Department of Transportation's annual Work Zone Memorial when a co-worker ran over to me to let me know I had an "urgent" phone call.

My heart raced as I ran to my office, afraid that something had happened to my husband or one of my three children. Fortunately, it was one of the tellers from my credit union. Unfortunately, she was calling to inform me that my credit card information had somehow been obtained by someone who was having a shopping spree on my dime.

Whomever had my credit card information had gone on-line to purchase a \$1200.00 handbag from Coach on-line and \$350.00 worth of lotions and creams from Bath and Bodyworks.

Luckily, my credit union had been able to determine so quickly that the charges were fraudulent that they were able to reverse all charges immediately since no merchandise had been shipped.

When I went to the credit union to go over my account to make sure no other unauthorized charges had been made, I found a few smaller charges that had gone un-noticed by both my husband and I.

I was stupified as to how someone had gotten my information, and was shocked when my credit union representative told me that this type of thing happens every day. She told me of waiters who make an extra imprint from your credit or charge card and use it to make personal charges or thieves who go through trash to find discarded receipts or carbons, and then uses your account numbers illegally.

So what can you do to protect yourself from credit card fraud? Sign your cards as soon as they arrive and be sure to carry your cards separately from your wallet, in a zippered compartment, a business card holder, or another small pouch.

Keep a record of your account numbers, their expiration dates, and the

phone number and address of each company in a secure place. You should also keep an eye on your card during the transaction, and get it back as quickly as possible.

Make sure you save receipts to compare with billing statements, and open bills promptly and reconcile accounts monthly, just as you would your checking account.

Report any questionable charges promptly and in writing to the card issuer, and notify card companies in advance of a change in address.

You should never lend your card(s) to anyone or leave cards or receipts lying around. Also, never sign a blank receipt or give your account number over the phone unless you're making the call to a company you know is reputable.

## ICSEW Cell Phone Drive

**Put Your Old Cell Phones to  
Good Use to Help Save Lives**

The ICSEW conducts an ongoing "recycle your cell phone with rechargeable battery and cords drive." Donated cell phones are delivered to Verizon Hopeline, which supports non-profit organizations committed to combating domestic violence, providing emergency relief, and supporting health and education initiatives.

Verizon donates airtime and distributes phones nationally to domestic violence programs, the National Coalition Against Domestic Violence, and local government and law enforcement agencies for domestic violence victims.

Send your old phones to Pam Johnson at the Department of Licensing, Mail Stop 48201, or delivered to 2424 Bristol Court Drive, Olympia (Near Thurston County Courthouse).

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